



Ardee & District Athletic Club

Code of Conduct

Athletes Code of Conduct

Sport should be safe, fun and conducted in a spirit of fair play.

As a young person you are entitled to the best possible environment to participate in sport. You deserve to be given enjoyable, safe sporting opportunities, free from abuse of any kind. You have rights, which must be respected, and responsibilities that you must accept. You should always treat other athletes and team leaders with fairness and respect.

You are entitled to:	You should always:	You should never:
<ul style="list-style-type: none"> ▪ Be safe and to feel safe. ▪ Be listened to. ▪ Be believed. ▪ Be treated with dignity, sensitivity, and respect. ▪ Have your voice heard in your sport. ▪ Participate on an equal and non-discriminatory basis. ▪ Have fun and enjoy your sport. ▪ Experience competition at a level at which you are happy. ▪ Make complaints and have them dealt with. ▪ Get help against those who bully. ▪ Say No. ▪ To protect your body. ▪ Privacy and confidentiality. 	<ul style="list-style-type: none"> ▪ Treat all group or team members and your Sports Leaders with respect. ▪ Act fairly and responsibly at all times, do your best. ▪ Respect other group or team members. ▪ Respect opponents and be gracious in defeat. ▪ Abide by the rules as set out by the group or team you are with. ▪ Support and assist where appropriate with the running of your group. 	<ul style="list-style-type: none"> ▪ Cheat or seek to gain an unfair advantage. ▪ Intimidate, use violence or physical contact that is not welcome. ▪ Shout at, use bad language or argue with another person unreasonable. ▪ Cause harm to or damage property. ▪ Bully or threaten another person online or offline. ▪ Take banned substances or consume alcohol or recreational drugs. ▪ Spread or circulate rumours online or offline about another person. ▪ Tell lies.

Parents and Guardians Code of Conduct

Athletics should be safe, fun and conducted in a spirit of fair play.

Parents/guardians should:	Parents/guardians should never:
<ul style="list-style-type: none"> ▪ Encourage your child to learn the rules and play within them. ▪ Discourage unfair play and arguing with officials. ▪ Help your child to recognise good performance, not just results. ▪ Set a good example by recognising fair play and applauding good performances of all. ▪ Publicly accept officials' judgments. ▪ Support your child's involvement and help them to enjoy their sport. ▪ Use correct and proper language at all times. ▪ Encourage and guide performers to accept responsibility for their own performance and behaviour. 	<ul style="list-style-type: none"> ▪ Force your child to take part in sport or put undue pressure on your child to please or perform well. ▪ Punish or belittle a child for losing or making mistakes. ▪ Ignore or dismiss complaints or concerns expressed by a child which relate to his/her involvement in athletics. ▪ Treat the club as a child-minding service. Ardee & District A.C. requires that athletes must be aged 5 and upwards. [Parents who are volunteering their time with the club (as coaches/committee members) may bring athlete's siblings under 5 years of age, but the parent is required to be in attendance at all times and maintains full responsibility for their child/children].

Please keep this page for your own record.

Please return this signature page to a club official and retain both the Athletes Code of Conduct & Parents and Guardians Code of Conduct on Page 1.

Athletes Code of Conduct:

I have read, accept and kept a copy of the Athletes Code of Conduct as set out by Athletics Ireland and Ardee & District Athletic Club.

Signature of athlete	Signature of parent/guardian (if athlete is under 18 years of age)	Date

Parents and Guardians Code of Conduct:

I have read, accept and kept a copy of the Parents and Guardians Code of Conduct as set out by Athletics Ireland and Ardee & District Athletic Club.

Signature of parent/guardian	Date